

C L A I M S

1. A meal kit comprising at least two separate items, characterized in that at least one of the items consists of a living, edible plant provided with roots, which roots are in effective contact with a moisture donating source.
2. A meal kit according to the previous claim, characterized in that the plant consists of one or more herbs, preferably selected from the group consisting of parsley, basil, marjoram, oreganum, mint, thyme, bay, dill, mace, sage, sorrel, fennel and cress.
3. A meal kit according to any one of the previous claim, characterized in that the plant consists of basil.
4. A meal kit according to any one of the previous claims, characterized in that the moisture donating source is selected from the group consisting of natural plant soil or artificial plant growth mediums, preferably consisting of aqueous gels and spongy, porous materials such as porous stone and foamed polymers and which source is soaked with enough aqueous fluid to sustain the plant life for several days.
5. A meal kit according to any one of the previous claims, characterized in that a sterilized moisture donating source is used.
6. A meal kit according to any one of the previous claims, characterized in that the moisture donating source is effectively enclosed in a watertight container allowing only protruding the stem of the plant with its leaves

through a narrow opening.

7. A meal kit according to any one of the previous claims, characterized in that the kit's packaging material has a transparency which allows exposure of the plant to light and which allows visual inspection of the plant's freshness.
8. A method suited for prolonging freshness of a living, edible plant which is packed in a meal kit with at least one other meal ingredient or component, characterized in that the plant's roots remain in effective contact with a moisture donating source, such that during storage of the meal kit for several days the moisture source can donate to the plant or plant part enough of an aqueous fluid to ensure preservation of its freshness.

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